



## Vegetarian America: A History

*Karen Iacobbo, Michael Iacobbo*

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The first complete history of vegetarianism in the United States, this story reveals the people, the organizations, and the events from the late 1700s to the present. Despite generally held notions that today's vegetarianism sprang from 1960s counterculture and that prior to that its only advocates were fanatics and fringe groups, the authors explore strong movements in other historical eras, the proponents of which included esteemed physicians, socialites, and other notable members of the establishment. Until now, no one has chronicled the contributions that advocates of vegetarianism have made to the American way of life in areas such as general eating habits, preventative medicine, feminism, environmental awareness, and elsewhere.

From Johnny Appleseed and the Bible-Christians to John Harvey Kellogg and the People for the Ethical Treatment of Animals, the story features dedicated and colorful characters who persevered, undaunted by the many obstacles that they faced, to convince their fellow Americans of the benefits of vegetarianism. From a religious movement, to an ethical concern about the rights of animals, to many recent nutritional discoveries, vegetarianism is a movement that continues to evolve and grow.

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